

The Official Publication of the National Veterans Summer Sports Clinic

## **The Wave Writer**

Tuesday, September 21, 2010

### **Sailing... Fair Winds and Following Seas**

By Jordan Schupbach, Public Affairs Officer, VA Eastern Colorado Health Care System

It was a gorgeous day in Southern California, and teams Mercury and Poseidon wasted no time in heading out for an adventurous day of sailing on San Diego Bay.

Team Mercury started the day in 16-foot two-man boats, while Team Poseidon boarded the Stars and Stripes USA-11, a former America's Cup boat, one of the fastest sailboats in existence. The Stars and Stripes USA-11 is fast, but don't discount the speed of the 16-footers! All of the veterans got the chance to race them, testing their new skills and building confidence along the way. After the first round of racing, the teams traded places and headed back out to sea.

"It's nice to be able to do things that we would have been able to do before, but are kind of limited now," said Navy Veteran Scott Stepek. "So it's good that they get us out there and let us do these things."

The winds were fair with following seas, creating near perfect conditions for a great day of sailing.

Former Marine Shane Kruchten had a great time just enjoying the water. "It is just real relaxing being out there on the water. I mean there are no motors, no anything. It's just real relaxing knowing that the wind is pushing you around. It's really cool."

At day's end, one thing was clear; every Veteran learned something new about living life and forming new bonds. Throughout the week of the National Veterans Summer Sports Clinic, these Veterans will form strong bonds and learn to support each other in all that they do.

"They are already your brothers and sisters," said Krutchen, "and now you just get to grow with them which is huge. It helps coming together with them and VA makes that possible."

### **Challenged America**

Challenged America is the nation's premiere therapeutic adaptive sailing program for kids and adults with disabilities, their loved ones and health-care professionals.

## **History**

Challenged America was conceived by disabled Veterans in 1978 as a self-directed rehabilitation activity. The program has grown tremendously over the years and is, today, recognized as a pioneer in the field of adaptive sailing as a therapeutic tool, and an industry leader of innovation to increase the participation by those having the most severe and catastrophic of disabilities in sailing. Hundreds participate each year at Challenged America, an educational program of the charitable 501(c)(3) Disabled Businesspersons Association.

## **Mission**

Dedicated to further rehabilitation, enhance life experiences, and foster the competitive spirit of youth and adults with disabilities toward successful mainstream outcomes.

## **Support**

Challenged America is supported by corporate sponsorship, contributions by the general public, donation of vessels and vehicles, fundraising activities and grants.

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## **NVSSC Quotes**

“I hope my heart is bigger than my two missing legs this week.”

~ Joe Clemons, Air Force Veteran, Baltimore, Md.

“I walked away from the javelin without hurting anyone.”

~ Mike Buck, Navy Veteran, Crescent City, Calif.

“The VA has given me a life back; being at the Clinic is one more step in that direction.”

~ Daniel Isaza, Marine Corps Veteran, Los Angeles, Calif.

“All I needed was confidence: I found that today on the track.”

~ Gerardo Gomez, Army Veteran, Oceanside, Calif.

## **Connect With VA**

VA has gone viral!

Follow the links at [www.va.gov](http://www.va.gov), or go to [www.summersportsclinic.va.gov](http://www.summersportsclinic.va.gov) to find content you can't get anywhere else. We will post daily video highlights, news releases, photos and important information about the activities surrounding the National Veterans Summer Sports Clinic. Share your amazing experiences with other Veterans, your family and friends!

### **Schedule of Today's Events**

Tuesday, September 21

Time	Event	Location
8:30 a.m. – 3 p.m.	Track & Field Team Neptune and Team Apollo	Chula Vista Olympic Training Center
8:30 a.m. – 4 p.m.	Surfing Team Poseidon and Team Mercury	La Jolla Shores
9 a.m. – 4 p.m.	Kayaking Team Nautilus and Team Phoenix	Mission Bay Yacht Club
9:30 a.m. – 4 p.m.	Cycling Team Titan and Team Vulcan	Silver Strand State Park
11:30 a.m. – 5:30 p.m.	Sailing Team Olympus and Team Calypso	San Diego Harbor
5:30 p.m.	Mandatory Lead Staff Meeting	Santa Rosa Room
6 – 10 p.m.	Massages for Participants	Laguna Room, South Tower Level 1
7 – 8 p.m.	Educational Workshop: Adaptive Sports & Recreation Equipment	Santa Rosa Room South Tower Level 1

## Bus Schedule

Buses begin loading approximately 15 to 30 minutes prior to listed departure times.

Session	Event	Times
a.m.	Surfing	board at 7 a.m. depart at 7:30 a.m.
p.m.	Surfing	board at 3:15 p.m. depart 3:45 p.m.
a.m.	Kayaking	board at 8 a.m. depart at 8:30 a.m.
p.m.	Kayaking	board at 3:45 p.m. depart at 4 p.m.
a.m.	Track and Field	board at 7 a.m. depart at 7:30 a.m.
p.m.	Track and Field	board at 3 p.m. depart at 3:15 p.m.
a.m.	Sailing	board boats 11:45 a.m. depart at noon
p.m.	Sailing	board boats 3:30 p.m. return 4:15 p.m.
a.m.	Cycling	board at 8:30 a.m. depart at 9 a.m.
p.m.	Cycling	board 3:45 p.m. depart at 3:45 p.m.

**Medical Room**

For life threatening emergencies, call 911. Medical care is available twenty-four hours a day, every day at the Clinic.

The medical room is located in Marriott Hotel, Room 318, 3rd Floor in the North Tower. A nurse or doctor will be on duty from 7:30 a.m. - 8 p.m. daily. If for some reason the nurse is not in the room, please call (858) 642-1683; or (858) 642-1684.

- The nurse's on-call number: (213) 216-4710
- The doctor's on-call number: (213) 216-4720.

**Host Room**

Participants who have questions or need assistance at the hotel should go to the Host Room in the Point Loma Room, South Tower, Level 1. Monday through Friday, hours will be 7 a.m. - noon; and 1 - 5 p.m. Host Room phone number is (858) 642-1686.

**Prosthetics and Wheelchair Repair**

There is not going to be a central location for wheelchair or prosthetic repair at the Clinic.

For issues or problems, call the NVSSC general help line (858) 642-1699 and request Prosthetics or Wheelchair Repair.

**Massage**

Massage for Clinic participants will be available Monday through Thursday, 6 - 10 p.m. in the Laguna Room, South Tower, Level 1. To schedule an appointment call (213) 216-4805.